

# FAB Topic

## Fun, Advocacy, and Brainpower

### July FAB Topic

### Building Relationships



## Agenda



### Introductions:



### Ground Rules

- ✓ Go over your ground rules for your meeting to see if anyone would like to add a new rule or take a rule off.
- ✓ Share some of the things you have learned that interested you from the FAB topic links, with your group for the appropriate month.
- ✓ Have fun learning, sharing and doing some of the exercises you find for the month we are in.



## Fun Games



- ✓ Enjoy playing one or more of the games for the month.
- ✓ Share one or more of the wonderful recipes at your meeting.
- ✓ See if anyone wants to volunteer to make one of the recipes to show at your next month's meeting!



- ✓ End with asking if anyone has any questions or comments.



# AGENDA

## Building Relationships

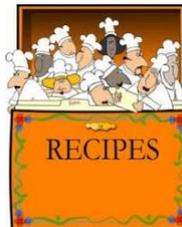
Talk about Different Ways to Build Relationships



### Games



### Recipes



### Exercises



### Questions



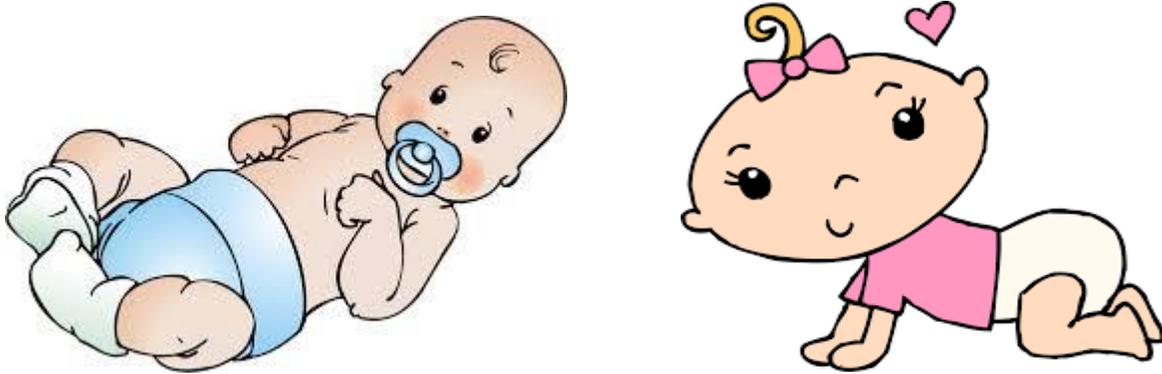
### Adjourn



# Games

## Game 1)

<https://www.formstack.com/resources/blog-games-to-play-on-video-chat>



### 1. Guess the Baby Photo

**This is a fun and simple game that works as a great ice breaker.**

- Have one person collect baby photos from everyone. Then have people guess whose photo it is.
- This can be done by throwing a photo up on a screen share and asking everyone for their guess, or you can create a form with everyone's pictures.
- Provide multiple choices for each photo or make it really difficult by only allowing fill-in-the-blank answers!

## Game 2)

<https://www.engagedmarriage.com/5-communication-games/>



## Game 2)

### Do You See What I See?



**Here's a fun way to gain some insight into how your partner receives and uses information. It's also a great activity for working together.**

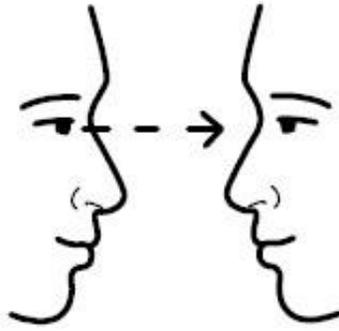
**For this game, you'll need either some building blocks like Legos, Play-Doh or drawing paper and crayons.**

**Face away from each other so that you cannot see what the other is doing.**

- 1. The first person will take a couple of minutes to build or draw something. Don't give your partner any details or hints.**
- 2. Next, describe what you created to your partner without telling him/her what it is. Their task is to visualize and create the same object as closely as possible using the descriptors you provide.**
- 3. Turn and discuss the result. How close were the two objects? What information would have been helpful to have?**
- 4. Then switch roles so that each person has the chance to give the descriptions.**
- 5. Remember, there is no right or wrong. In the beginning, it may be really hard. The more you do this activity, the easier it becomes to understand what your partner is trying to convey. It also sheds some light on your communication style and what you might be able to express more clearly.**

### Game 3)

#### Eye-to-Eye



**This game is actually a take-off on staring contests we used to have as kids only with a grown-up flair.**

**The purpose of this activity is to increase comfort with expressing yourself to your partner. Being in close proximity enhances the feelings of intimacy and connection.**

**Bonus – this game can be kind of sexy.**

**So, here's the game:**

- **Sit facing each other so that you are close enough to hold hands.**
- **Look directly into each other's eyes.**
- **Notice the feelings you are experiencing.**
- **Now start talking about something.**
- **Keep it simple to start. It might be about your day or a funny thing that happened at lunch.**
- **When you're finished, let your spouse share something. Do this a few times back and forth; then discuss what the experience was like.**

**For many couples, this exercise is uncomfortable in the beginning. That's ok. The more you do it, the more comfortable it becomes and the deeper your discussions will go.**

## Icebreaker



What is your Favorite Holiday and why?



### **Brainpower – Information and resources to empower SA members to be Self-Advocates**

If you are looking to run a Self-Advocacy meeting you may find the information below extremely useful. The Self-Advocate Coordinators enjoy finding and sharing the following: Links with good information, games, icebreakers, recipes and exercises that that you can learn from and have fun with as well as meet and be with other people virtually.



## **Build a Healthy Relationship**

<https://www.wikihow.com/Build-a-Healthy-Relationship>



## **How To Build A Stronger Relationship With Someone**

<https://www.youtube.com/watch?v=8LfyDxq4BLc&feature=youtu.be>



## **6 Tips on How to Have a Strong Relationship**

<https://www.youtube.com/watch?v=F070R43qWs4&feature=youtu.be>



## **7 Daily Habits That Build A Strong Romantic Relationship**

<https://www.youtube.com/watch?v=mCLgGQRQ3mo&feature=youtu.be>



## **Tips for building a Healthy Relationship**

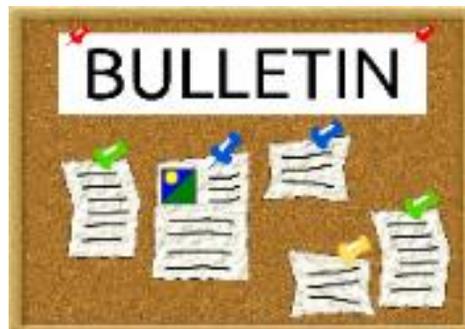
<https://www.helpguide.org/articles/relationships-communication/relationship-help.htm>



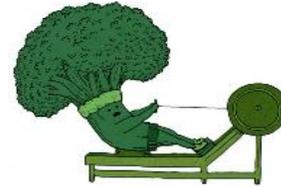
## **Ways of Building a Relationship with your Cat**

[How to Build Your Cat's Trust – Feline Behavior Solutions - Cat Behaviorist](#)

## **Virtual Board**



# Cooking Ideas and Exercise



## July Recipes

### Mocktail Drink



#### [4-Ingredient Mocktail - Three Ways | Sugar and Soul](#)

#### Ingredients:

- Ice



- 1 mint leaf (optional)



- 1 can of soda (A&W Root Beer, 7UP, or Sunkist® Soda)



- ½ ounce grenadine



- 2 lime wedges



- Maraschino cherries



## Instructions

1. Fill a large glass halfway with ice.



2. Rub the rim of the glass with a mint leaf. (optional)



3. Add the soda, grenadine, and juice of two lime wedges and stir with a bar spoon.



4. Garnish with mint, lime wedge, and a Maraschino cherry.



## Make at Home

It's the perfect time to whip up some homemade meals for friends and family. Check out these comforting Impossible Burger recipes and gear up for a cozy season.

<https://impossiblefoods.com/recipes/impossible-spaghetti-italian-meatballs>

# Impossible™ Italian Meatballs Recipe



## Ingredients

1 Package Impossible™ Burger



1 pound spaghetti



1 egg (Optional)



1 teaspoon crushed red pepper



28 ounces can of San Marzano Tomatoes



1 yellow onion



2 tablespoons Thyme



2 tablespoons Oregano



2 tablespoons fresh Basil



2 tablespoons breadcrumbs



2 cloves garlic



2 tablespoons olive oil



1/2 cup grated Parmesan Cheese



Salt and pepper to Taste



Preheat the oven to 425°F.

### Step 1

Dice one yellow onion. Remove the stems from the fresh herbs and finely chop (thyme, oregano, and basil).



## Step 2: Make the Meatballs



### Ingredients Used:

1 egg (Optional)



1 teaspoon crushed red pepper



2 tablespoons Thyme



2 tablespoons breadcrumbs



2 cloves garlic



1/2 cup grated Parmesan Cheese



In a bowl, combine the Impossible™ Burger, 1/4 cup of diced yellow onion, 2 cloves of minced garlic, breadcrumbs, egg, 2 tablespoons of grated cheese, red pepper, and 1 tablespoon each of thyme, oregano, and basil.



Mix until incorporated. Form 2 oz meatballs and pack tightly. Place the meatballs on a baking sheet lined with parchment paper.



Bake in the oven for 8 to 12 minutes, or until golden brown.



**\*Make it 100% plant-based with plant-based cheese.**

**Step 3: Make the Sauce**

28 Ounces can of San Marzano Tomatoes



Sweat the remaining onions and minced garlic with olive oil until they are soft.



Add the tomatoes and simmer for 30-40 minutes.



Once the sauce has finished cooking, add the remaining fresh herbs and cook for 1 more minute; then season to taste.



#### **Step 4: Boil Pasta & Assemble**

**Bring a large pot of water to a boil. Add a generous pinch of salt and cook the spaghetti according to the package's instructions.**



**Add the meatballs to the finished sauce and serve over spaghetti. Top with your choice of cheese.**



#### **Step 5: Serve, Share & Enjoy**

**Makes approximately 12 meatballs, serves four.**



# Fruit Salad



## Ingredients

Original recipe yields 15 servings

## Ingredient Checklist

- 1 cup blueberries



- 1 cup sliced strawberries



- 1 cup chopped watermelon



- 1 cup red grapes



- shredded coconut (for garnish)



## Directions

### Step 1

- Combine blueberries, strawberries, watermelon, and grapes in a bowl; add coconut.



## July Exercises

Click below to see 11 at-home workouts you can do with your significant other.



<https://www.cosmopolitan.com/uk/body/fitness-workouts/a17047414/easy-couple-workouts-you-can-do-at-home/>

# Seated or Standing Sun Salutations

My life is filled  
with beauty  
and peace.

## Sun Salutation

Ricky Heldt MS Yoga Instructor 414 759 8169 www.open10busyoga.com

I am healthy, happy  
& at peace in my  
body, mind & spirit.



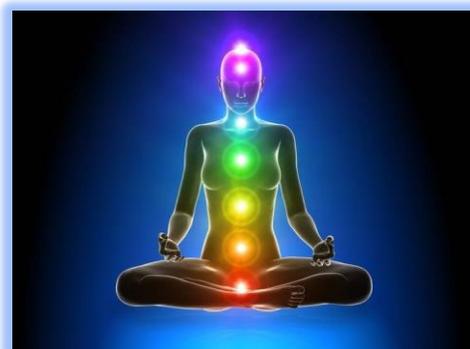
Video exercise in different ways—standing, walker, or wheelchair

[\(215\) Sweating and Smiling Workout - YouTube](#)

## Meditation

Please click to view:

10 - Minute Guided Heart Chakra Meditation - Bing video



## Zumba video

[\(408\) Zumba for Individuals with Disabilities - YouTube](#)